



State of Wisconsin  
**Department of Health and Family Services**

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**For Immediate Release**

**STATE CLOSELY MONITORING MUMPS CASES**  
*People Encouraged to Get Vaccinated*

MADISON – State public health officials are closely monitoring mumps cases in Wisconsin. The first case occurred in the state on March 20, 2006. The Department of Health and Family Services routinely monitors the state, nation and world for a variety of diseases, including the mumps, and is working with local health departments and infection control experts across the state to help minimize the spread of the mumps virus.

Wisconsin currently has 17 laboratory confirmed cases of mumps in individuals age 5-83 years old in the following counties:

| <b>County</b> | <b>Confirmed Cases</b> |
|---------------|------------------------|
| Dane          | 2                      |
| Grant         | 10                     |
| Lincoln       | 1                      |
| Milwaukee     | 2                      |
| Racine        | 1                      |
| Waukesha      | 1                      |

The Department is providing vaccines to health care providers, and has sent information to health and infection control professionals on how to properly collect specimens for testing. The Department also routinely provides updates on the number of cases in Iowa and other Midwestern states.

**VACCINE**

People are still encouraged to get vaccinated if they have not received a mumps vaccine. It's recommended that children receive two doses of the measles-mumps-rubella (MMR) vaccine: the first at 12-15 months of age, and again between 4-6 years. The effectiveness rate of two doses of mumps vaccine in preventing mumps is estimated to be about 90-95% and should provide lifelong immunity.

According to the Centers for Disease Control and Prevention (CDC), most adults who have not been vaccinated should receive one dose of MMR vaccine. Adults who work in healthcare, a school/university setting, and persons at high risk of exposure to mumps should get two doses. The CDC also recommends that all college students have two doses of MMR vaccine.

Most adults who were born before 1957 are protected against getting the mumps because they had the virus when they were younger (adults born in 1957 or after should still receive one dose of MMR). Once you have had the mumps, you are considered immune for life.

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If you don't know if you've been vaccinated, the MMR vaccine is safe and there is no increased risk of side effects if a person gets another vaccination. Contact your health care provider or local public health department to get your mumps vaccine. Pregnant women and people with an impaired immune system should not receive the live MMR vaccine.

The vaccine is the best way to prevent getting the mumps virus. Other ways to protect yourself include good hygiene: adults and children should wash their hands well and often with soap, eating utensils should not be shared, and surfaces that are frequently touched (toys, doorknobs, tables, counters, etc.) should be regularly cleaned with soap and water (or cleaning wipes).

## **SYMPTOMS**

Mumps is a virus that can cause swelling of the salivary glands along the cheek and jaw area. Symptoms include fever, headache, muscle aches, tiredness, and loss of appetite, and typically appear 16-18 days after becoming infected. This period can range from 12-25 days after infection.

If you develop mumps symptoms, you should not go to school or work for at least nine days and should contact your medical provider. Call your doctor in advance so you are not sitting in the waiting room for a long time and possibly infecting other patients.

Severe complications are rare. Mumps can cause meningitis, an inflammation of the covering of the brain and spinal cord. Occasionally, mumps can cause encephalitis which is an inflammation of the brain itself. About 20-30% of males who have reached puberty may experience painful, swollen testicles, but this rarely leads to fertility problems. About 30% of women may experience painful swollen breasts, and in a very few cases, inflammation of the ovaries. In very rare instances, mumps can cause deafness or death.

## **MIDWEST OUTBREAK**

According to the CDC, the current information indicates that the outbreak in the Midwest may have begun on a college campus. Colleges have group living, dining, studying, and sports are areas that make disease transmission more likely, and increase the chance of outbreaks. Once started, such outbreaks sometimes spread to the community, causing illness in persons who do not attend college. That is why the CDC recommends two doses of MMR vaccine for college students.

One dose of mumps vaccine is approximately 80% effective in preventing the virus, and two doses are about 90-95% effective. The immunization rate in Wisconsin is more than 92%, but the mumps virus can be transmitted among the people if they have not been immunized or their body did not respond to the vaccine.

For more information about the mumps, go to the Department's website at <http://dhfs.wisconsin.gov/>. More information is also available at the Centers for Disease Control and Prevention at <http://www.cdc.gov/>.

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